

What to bring for Residential Program

1. Hygiene Products:
 - a. All Hygiene products must be unopened upon arrival
 - b. Approved hygiene products include:
 - i. Shampoo, Conditioner, and body wash (Unopened)
 - ii. Feminine Hygiene products
 - iii. Toothbrush and tooth paste
 - iv. Mouthwash (Must be alcohol free)
2. Personal Items:
 - a. Photo ID and Insurance Card
 - b. Clients are not allowed to make or receive phone calls while in treatment. But, they are allowed to send and receive letters. Clients are allowed to bring envelopes, pens, paper, and stamps to mail out any letters to family or friends.
 - c. RESADA has a vending machine with snacks and soda. You are allowed to bring money for the vending machine. We ask that you try and have enough dollar bills and change for a 30 day stay.
 - d. 1 Suitcase or luggage
3. Treatment Supplies:
 - a. Spiral Notebooks
 - b. Pens with clear barrels
 - c. Coloring books, color pencils, etc. is optional but is a great way to occupy free time.
 - i. Do not bring any type of paints or pens that contain alcohol.
 - ii. Paint of any type is not allowed
4. Medication:
 - a. All Prescribed medication must be in its original bottles with a label.
 - b. The label must contain the name of the client and not be expired.
 - c. The label must have clear instructions on how to take the medication.
 - i. All medication is taken as the label reads, no exceptions.
 - d. Medications may not be mixed with other medications.
 - e. No Pill boxes are allowed and we will not accept any type of mixed pills on unit.
5. Over the Counter Medications:
 - a. Clients are allowed to have their own over the counter medications.
 - b. They must be in the original bottles and not expired.
 - c. All over the counter medications are given as the label directs, no exceptions.
 - d. All over the counter medications must be used as directed and for the purpose directed on the bottle. (Example. You may not use Benadryl to fall asleep.)
 - e. Any type of performance enhancing supplements are not allowed. This includes protein, creatine, meal replacements, etc.
6. Approved Clothing:
 - a. Clients are allowed to bring no more then 7-10 days' worth of clothing
 - b. 7-10 Pairs of pants, leggings, sweatpants, or shorts
 - i. All leggings must NOT be see through and you must wear a shirt that full covers your butt.
 - ii. Shorts may not be shorter than 2 inches above the knee.

- c. 7-10 Shirts
 - i. No Low cut shirts
 - ii. No See through clothing
 - iii. No Tank Tops
 - iv. No clothing that is excessively tight or excessively loose.
 - v. No Crop Tops
 - vi. No Halter Tops
 - vii. No Spaghetti Straps
 - viii. No Uncovered Sports Bra's or muscle shirts
 - ix. No attire with inappropriate slogans or imagines that are offensive or deemed inappropriate in a substance abuse treatment setting.
 - d. 1 Coat or Jacket
 - e. 7-10 Personal Undergarments
 - f. 7-10 Pairs of Socks
 - g. 1 Pair of shoes
 - h. 1 Pair of slippers
 - i. 1 Pair of Flip Flops/shower shoes
 - j. High Heel Shoes are not allowed.
7. What not to bring to RESADA:
- a. No Cell Phones or Any type of Electronics
 - b. No Vape pens
 - c. No E-Cigarettes or Vaping apparatus of any type
 - d. No Pets
 - e. No weapons of any kind
 - f. Absolutely no outside Food/Drinks.
 - i. All outside food or drinks are not allowed to be stored in our facility due to Health Department regulations.
 - ii. If you bring food or drinks upon arrival you will be asked to get rid of any food or drink items before gaining access to the building.
 - g. Personal Blankets, sheets, or pillows of any type are not allowed.
 - i. RESADA supplies all blankets, sheets and pillows for all RESADA clients.